

A monthly wellness newsletter from Better You

Prevention matters: understanding the impact of vaccines

Vaccines are one of the safest and most effective ways to protect your health. They are like a special kind of armor that helps your body fight off diseases. They work with your body's natural defenses to help you develop immunity to diseases, lowering your chances of getting sick and preventing serious complications.

The Centers for Disease Control and Prevention (CDC) recommends vaccines based on age, health status, job, travel, and other factors. Some vaccines, like the flu vaccine, are recommended every year for children older than 6 months through adults. The flu virus can make you feel sick, and in some cases, it can be very serious and even life-threatening. Some vaccines are only recommended at specific ages or for certain groups. Other recommended vaccines include:

- Tetanus, Diphtheria, Pertussis (Td/Tdap)
- Pneumococcal
- Hepatitis A and Hepatitis B
- Meningococcal
- COVID-19

These are just a few examples of common vaccines. Be sure to talk to your doctor about which vaccines are right for you and to stay current on the latest recommendations.

For pregnant women, getting vaccinated is one of the best ways to protect yourself and your unborn baby. The CDC recommends certain vaccines to help your body create antibodies you can pass on to your baby.

When you get vaccinated, you're not just protecting yourself – you're also helping protect your community. Vaccines prevent the spread of diseases to those who cannot be vaccinated, like people with weakened immune systems.

Vaccines have a significant global impact. For example, the United States declared measles eliminated in 2000.¹ However, this isn't the case anymore. Measles is highly contagious and spreads quickly to any community where people aren't fully vaccinated.

It's important to note research and safety monitoring have



shown that vaccines are safe for all age groups. The benefits of vaccines far outweigh the risks. By getting vaccinated, you help protect yourself and others.

To learn more about how vaccines fit into your overall health, [join us](#) for a live webinar, General Wellness and Preventive Care, on August 12, 2025 at 1:00 p.m. ET.

Resource: [CDC.gov](https://www.cdc.gov) (vaccines); ¹[CDC.gov](https://www.cdc.gov) (measles)

Eat to reduce inflammation

Chronic inflammation is a prolonged response in the body that can lead to various diseases like arthritis, diabetes, heart disease and even cancer. It happens when the body's immune system fails to turn off the inflammatory response, causing damage to tissue and organs. Eating the right foods can help reduce inflammation and keep you healthy.

Foods that fight inflammation

Try to include some of these foods in your diet:

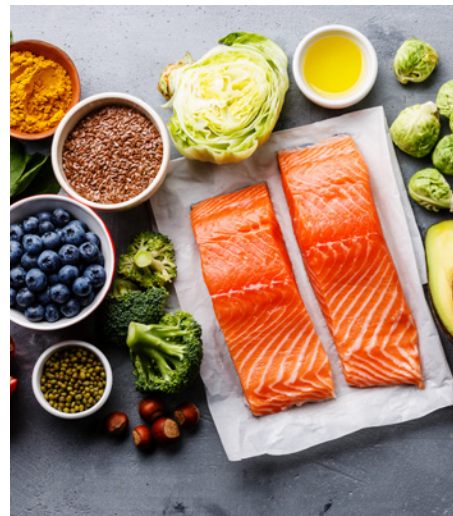
- Fatty fish, like salmon and tuna
- Spices, such as turmeric and ginger
- Leafy greens, like spinach and kale

- Nuts and seeds, like walnuts and chia seeds
- Olive oil for cooking or as a finishing drizzle
- Whole grains, like brown rice and quinoa
- Berries, like blueberries and strawberries
- Liquids, like water and green tea
- Vegetables, like broccoli and cauliflower

Foods to limit or avoid

Some foods make inflammation worse.

- Processed meats, like hot dogs and sausages
- Sugary drinks, like soda and sports drinks; alcohol



- Fried foods and baked goods high in unhealthy fats and added sugars

By making a few simple changes, you can take a proactive step toward keeping your body healthy and strong.

Resources: [WebMD.com](https://www.webmd.com); [eatright.org](https://www.eatright.org)

Balsamic & Parmesan Roasted Broccoli (Serves 4)

Ingredients:

- 8 cups fresh broccoli florets (2 large heads)
- 3 tablespoons olive oil
- 1 ½ ounces Parmesan cheese, grated (about 1/3 cup)
- 2 tablespoons balsamic vinegar
- ¼ teaspoon flaky sea salt

Directions:

Place a rimmed baking sheet on the middle oven rack; preheat

oven to 425 degrees F. Leave the pan in the oven for 5 minutes after the oven has finished preheating.

Meanwhile, combine broccoli and oil in large bowl; toss to coat. Spread the broccoli in an even layer on the hot baking sheet. Roast until starting to brown, about 17 minutes. Remove from oven and sprinkle with Parmesan. Continue roasting until the broccoli is tender and the cheese



has melted, 3 to 5 minutes more. Drizzle with vinegar, sprinkle with salt and serve immediately.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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